

Ed Parker Kenpo Forms: Overview and Step-by-Step Guidance

Below is a structured overview of the main Ed Parker American Kenpo forms you listed, along with step-by-step breakdowns for select basic forms and sets, as supported by the search results. More advanced forms are described in terms of their key concepts and progression, as detailed step-by-step instructions for the higher forms are typically found in specialized manuals or instructional videos^{[1] [2]}.

Foundational Forms

Short Form 1 (Blocking While Retreating)

- **Purpose:** Teaches basic retreating blocks, focusing on the four fundamental blocks (inward, outward, upward, downward) while stepping back^{[3] [4] [5]}.
- **Step-by-Step:**
 1. Begin in a meditative horse stance.
 2. Step back with the right foot into a left neutral bow, facing 12:00.
 3. Execute a right inward block.
 4. Step back with the left foot into a right neutral bow.
 5. Execute a left inward block.
 6. Repeat with outward, upward, and downward blocks, alternating sides.
 7. End with a return to the horse stance and bow^{[3] [4] [5]}.

Long Form 1 (Blocking & Countering While Retreating)

- **Purpose:** Builds on Short Form 1 by adding counter punches after each block, emphasizing stance changes and power generation through movement^[5].
- **Step-by-Step:**
 1. Start in a meditative horse stance.
 2. Step back to left neutral bow, perform inward block, then reverse punch.
 3. Step back to right neutral bow, outward block, reverse punch.
 4. Continue with upward and downward blocks, each followed by a reverse punch.
 5. Return to starting position and bow^[5].

Short Form 2 (Blocking & Countering While Advancing)

- **Purpose:** Introduces advancing blocks and simultaneous counterattacks, teaching to close distance rather than retreat^[5].
- **Step-by-Step:**
 1. Start in a horse stance.
 2. Step forward with right foot, inward block with right hand and simultaneous left punch.
 3. Step forward with left foot, outward block with left hand and simultaneous right punch.
 4. Continue with upward and downward blocks, always advancing and countering.
 5. Return and bow^[5].

Long Form 2 (Blocking & Countering with Multiple Strikes While Advancing)

- **Purpose:** Expands on Short Form 2 by adding multiple strikes and continuous movement, emphasizing fluidity and filling gaps between attacks^[2].

Intermediate Forms

Short Form 3 & Long Form 3 (Defenses Against Grabs, Hugs, and Holds)

- **Short Form 3:** Focuses on escapes from grabs, usually performed only on one side, with techniques partially completed^[2].
- **Long Form 3:** Performs the same techniques on both sides, completing each movement fully^[2].

Long Form 4 (Definitive Set)

- **Purpose:** The most complex form, considered an "encyclopedia" of the system, with techniques against various strikes on both sides^[2].
- **Structure:** Techniques are performed on both left and right sides, with intricate footwork and transitions^{[6] [2]}.

Form 5 (Transition/Take Down Set)

- **Purpose:** Emphasizes takedowns and transitions, with techniques against both strikes and grabs, done on both sides^[2].

Form 6 (Weapon Set)

- **Purpose:** Focuses on defending against weapons, performed on both sides, with constant motion and advanced footwork^{[6] [2]}.

Form 7 & Form 8 (Stick and Dagger Forms)

- **Form 7:** Double Kali-stick form, emphasizing large circular movements^[2].
- **Form 8:** Double dagger form, focusing on weapon manipulation and flow.

Bo Staff Form

- **Purpose:** Teaches staff techniques and integration with Kenpo principles.

Thesis Form (Multiple Attack Thesis Form)

- **Purpose:** Advanced form synthesizing multiple attack scenarios.

Sets (Drills for Basics)

Blocking Set #1

- **Step-by-Step:**
 1. Begin in a meditative horse stance, hands chambered at hips.
 2. Right side:
 - Right upward block
 - Right inward block
 - Right extended outward block
 - Right downward block
 - Right rear elbow block
 - Right push-down block
 - Chamber right hand
 3. Left side:
 - Left upward block
 - Left inward block
 - Left extended outward block
 - Left downward block
 - Left rear elbow block
 - Left push-down block
 - Chamber left hand
 4. Cover right fist with left hand, return to horse stance^[7].

Other Sets

- **Kicking Set #1:** Series of basic kicks performed in sequence^[7].
- **Finger Set #1:** Basic finger strikes and manipulations.
- **Coordination Set #1:** Combines basic movements for coordination.
- **Strike Set #1:** Basic striking techniques.
- **Stance Set #1:** Teaches transitions between stances.
- **Two Man Set:** Partner drill for application.

Form Progression and Principles

- Each form builds upon the previous, adding complexity, new techniques, and deeper principles of motion.
- Forms are designed to teach not just techniques, but concepts such as retreating vs. advancing, simultaneous defense and offense, fluidity, and environmental awareness^[5].
- Advanced forms incorporate more complex footwork, weapon defenses, and multiple attack scenarios^{[6] [2]}.

Summary Table: Key Ed Parker Kenpo Forms

Form Name	Main Focus	Key Concepts
Short 1	Retreating blocks	Four basic blocks, stepping back
Long 1	Retreating blocks + counter punches	Stance change, power generation
Short 2	Advancing blocks + simultaneous counters	Closing distance, block with punch
Long 2	Multiple strikes while advancing	Fluidity, filling gaps
Short/Long 3	Defenses against grabs/hugs/holds	Escapes, both sides
Long 4	Techniques vs. strikes, both sides	Encyclopedia of motion
Form 5	Takedowns and transitions	Both sides, advanced transitions
Form 6	Weapon defenses	Constant motion, advanced footwork
Form 7	Double stick techniques	Circular motion
Form 8	Double dagger techniques	Weapon manipulation
Bo Staff Form	Staff techniques	Integration with Kenpo principles
Thesis Form	Multiple attack scenarios	Synthesis of system principles

For detailed step-by-step breakdowns of advanced forms (Long 3 and above), it is recommended to consult Ed Parker’s official manuals or seek instruction from a certified Kenpo instructor, as these forms contain many complex techniques and transitions that are best learned with visual demonstration and expert guidance^{[1] [2]}.

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1. <https://www.martialtalk.com/threads/looking-for-ed-parkers-kenpo-karate-forms-manual.13419/>
2. <https://www.scribd.com/document/520707575/kenpo-karate-forms-and-techniques>
3. <https://www.kenpotech.net/ed-parkers-american-kenpo/forms-sets/yellow-belt/short-form-1-right-side-only/>
4. <https://www.kenpotech.net/ed-parkers-american-kenpo/forms-sets/orange-belt/short-form-1/>
5. <https://www.kenpokarate.ie/articles/American-Kenpo-Karate-Forms/content.html>
6. <https://www.youtube.com/watch?v=hU1vW0mmOaE>
7. <https://www.scribd.com/document/454060588/Kenpo-Sets-Forms>